

A693 – HAM, WATER ADDED, FULLY COOKED, FROZEN, 10 LB



Nutrition Information

Pork, cured, ham, boneless, cooked, heated

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| CATEGORY | <ul style="list-style-type: none"> Meat/Meat Alternates |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none"> Ham, water added, cured, boneless, and fully cooked. Ham is 97% fat free (3% fat) and approximately 4 to 4½ inches in diameter. Frozen product. |
| PACK/YIELD | <ul style="list-style-type: none"> 4/10 lb hams per case. One 10 lb ham AP yields about 8.2 lb cooked lean meat and provides about 131.0 1.22-oz servings ham water added. One lb AP yields 0.82 lb cooked lean meat and provides about 13.1 1.22-oz servings ham water added. CN Crediting: 1.22 oz ham water added provides 1 oz-equivalent meat/meat alternate. |
| STORAGE | <ul style="list-style-type: none"> Store frozen ham in original shipping container off the floor at 0 °F or below. Refrigerate leftover beef ham covered and labeled in a dated container and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |
| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none"> TO THAW: Remove the amount needed from frozen storage. Thaw in refrigerator at 36-45 °F for 48 hours. Use thawed ham within 24 hours. TO HEAT: Roast ham at 325 °F to an internal temperature of at least 140 °F for 15 seconds, about 2 hours. Heat ham with or without casings. Remove casings before serving. Judge doneness by temperature, not by color or texture of food. One or more freeze/thaw cycles of this product will cause moisture loss and affect quality. |

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| | 1.2 oz (34 g) |
| Calories | 33 |
| Protein | 5.27 g |
| Carbohydrate | 0.35 g |
| Dietary Fiber | 0 g |
| Sugars | 0.49 g |
| Total Fat | 1.15 g |
| Saturated Fat | 0.48 g |
| Trans Fat | 0.01 g |
| Cholesterol | 15 mg |
| Iron | 0.24 mg |
| Calcium | 3 mg |
| Sodium | 342 mg |
| Magnesium | 6 mg |
| Potassium | 94 mg |
| Vitamin A | 12 IU |
| Vitamin A | 4 RAE |
| Vitamin C | 0 mg |
| Vitamin E | 0.07 mg |

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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| USES AND TIPS | <ul style="list-style-type: none"> Serve hot or cold, sliced or diced for sandwiches, salads, and casseroles at lunch. If served cold, the optimum serving temperature is 40 °F. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none"> Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching meat and poultry. If this product is reheated, it should reach an internal temperature of 140 °F for 15 seconds. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf. |